

BITTER CAN BE BETTER

NOVODIA'S POWERFUL FOUR



01

Bitter Melon Extract

Known locally as 'caraille', is thought to be an effective non-conventional support in diabetic care. Standardized to 10% charantin, the active compound in bitter melon, it may help by:

- Improving insulin sensitivity
- Increasing glucose uptake from the blood stream
- Reducing & stabilizing blood sugar levels more quickly post meal

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02

Coenzyme Q-10

Is popularly referred to as CoQ-10. It is found naturally in the body but declines with age. CoQ-10 has been shown to be helpful in:

- Protecting your body against free radical damage
- Improving your blood lipid profiles, reducing the risk of heart disease
- Enhancing the blood vessels' function

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03

Alpha Lipoic Acid (ALA)

Is also a naturally occurring and potent universal antioxidant. Apart from its significant role in insulin sensitivity and secretion, ALA has been shown to help:

- Improve any numbness or tingling
- Neutralize free radicals and reduce oxidative stress
- Assist in insulin resistant conditions that can lead to disease progression

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04

Omega-3 Triglycerides

Primarily found in fish oil but can also be found in plant sources like nuts and seeds. Omega-3 fatty acids, DHA & EPA, may prove helpful by:

- Increasing HDL which serves a cardioprotective role in the body
- Lowering triglyceride levels, which are associated with type II diabetes
- Reducing your blood pressure levels

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COMBINED WITH

VITAMIN B1 ✓

VITAMIN B6 ✓

VITAMIN B12 ✓

POLICOSANOL ✓

CHROMIUM PICOLINATE ✓

MAGNESIUM PIDOLATE ✓

PRODUCES A **SYNERGISTIC EFFECT** THAT MAY HELP:



REGULATE BLOOD CHOLESTEROL LEVELS



MAINTAIN HEALTHY BLOOD SUGAR LEVELS



MAINTAIN GREAT HEART HEALTH



SUPPORT A HEALTHY NERVOUS SYSTEM



ENHANCE HEALTHY WEIGHT MANAGEMENT

